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**9.** The method of claim **6** wherein said power control signal comprises a plurality of power control groups, each power control group comprising:

- a first power control bit corresponding, in each power control group of said plurality of power control groups, to a first data rate of said plurality of data rates; and
- a second power control bit corresponding, in a first power control group of said plurality of power control groups, to a second data rate of said plurality of data rates, and corresponding, in a second power control group of said

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plurality of power control groups, to a third data rate of said plurality of data rates.

**10.** The method of claim **6** wherein said power control signal comprises a sequence of power control bits, every other power control bit of said sequence of power control bits corresponding to a first data rate of said plurality of data rates, and a remaining set of power control bits of said sequence of power control bits correspondingly alternating in sequence to a different one of said plurality of data rates.

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